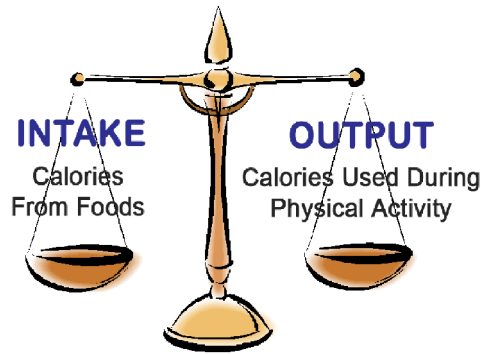


The Basics of Weight Control



THE ENERGY BALANCE

Your weight is controlled by a number of things, including family history, what you eat and drink (energy intake), and the energy you use to live and be active (energy output).

To lose weight you need to:

- Eat and drink fewer calories
- Become more physically active
- For best results, do both

The food you eat and the beverages you drink provide energy and nutrients. The basic required nutrients are: water, carbohydrate, protein, fat, dietary fiber, vitamins, and minerals. Three of these nutrients (carbohydrate, protein and fat) along with alcohol provide energy in the form of calories.

When you take in more calories than you use, you gain weight.

Most of the calories you do not use are stored as body fat. This is true regardless of whether this energy came from fat, carbohydrate, protein or alcohol. You can use more calories by being more active.

You can manage your weight by keeping a balance between what you eat and drink and how active you are.

MOVE!

